“Mom Cards”

Here’s something I made for my kids, who are 26 and 23 this year. I bought a [blank card deck](#), also available from Amazon, and wrote one piece of advice on each card. I made these over the course of a year or so, adding thoughts as they came to me or when I read something and thought it would make a great addition. I kept my ideas in a document on my computer and then made the cards one afternoon. Below are some of my ideas if you’d like to borrow any thoughts.

1. Your business, their business, God's business
2. Look up (away from your screens)
3. You ALWAYS have options
4. Love yourself dearly and with enormous compassion
5. Take whatever time you need
6. Sleep on it. Seriously, everything feels easier/clearer after you get some sleep!
7. Don’t aim for perfect. You’ll never get there.
8. “If you can do it, it ain’t bragging.” ~ Dizzy Gillespie
10. It’s okay to ask for help.
11. Something will grow from all you are going through ... and it will be YOU.
12. I love you.
13. When in doubt, don’t.
15. Your success rate for surviving bad days is 100% so far.
16. Sometimes it’s just HARD.
17. Positivity is a choice.
18. You don’t ever have to pretend.
19. Treat yourself gently.
20. You are enough.
21. Trust yourself.
“Dear Kristen” Legacy “Mom Card” Ideas

22. Just keep swimming.
23. Floss.
24. Learn how your body says “yes” and “no.” It’s often more trustworthy than your brain.
25. Don’t let anyone take away what makes you different.
26. I see your light. You have a beautiful heart.
27. Thank you!
28. I’m sorry.
29. I’m so glad you’re my son/daughter.
30. It has been an absolute privilege and pleasure being your mom.
31. I am so proud of you.
32. You are a gift to those in your life. You are a form of sunshine.
33. I love your sense of humor. And your laugh!
34. I love that you can be deep and serious and have meaningful conversations.
35. Your kindness fills my bucket.
36. You are such a good human being.
37. I deeply admire how loyal and loving you are to the people you care about.
38. You being part of my life is one of the best things that ever happened to me.
39. You are so interesting to talk to. Your ideas and perceptions of things make me think and grow.
40. You have every right to feel confident. You have so much going for you!
41. I love how respectful and inclusive you are.
42. You are beautiful both inside and out.
43. You are a great listener.
44. You are so supportive.
45. You can do hard things.
46. You make me want to be the best version of myself.
47. Your hugs are AWESOME.
48. You have a great head on your shoulders.
49. Just thinking of you makes me smile.
50. Loving you has always been so easy.
51. Please never stop being you.
52. You’re worthy of all the good things that come to you.
53. You are the most perfect you there is.
54. How did I get so lucky??
55. You should be so proud of yourself.